

FAMILY LIFE

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Edited by Paul Popenoe

Training In Marriage Counseling

CLINTON E. PHILLIPS, M.A.

Director of Counseling of the AIFR

The American Institute of Family Relations was the pioneer organization in the field of marriage counselor training. Since its beginning in 1930, this has been one of the major functions of the Institute.

Today the marriage counselor must be a well-rounded and well-equipped person with a rich background, both academically and practically, in the problems of modern living. Academic training by itself is not enough. Nor is the well-balanced and rapport-making personality of the counselor. Nor is his own experience in successful family living. A combination of all of these is required.

For some years the Institute has led the field with its careful requirements for those who would be marriage counselors. The first of these is that the prospective counselor, who will ultimately deal with the various intimate problems of marriage and family living, must be successfully married himself. Secondly, he must be a mature person of manifest integrity, with a personality that inspires confidence and trust. Finally, he must have a

graduate degree from an accredited university (e.g. M.A., Ph.D., or B.D.) in a human relationships field.

To assure the selection of only the best qualified candidates, the Admissions and Promotions Committee of the Institute does more than just examine a transcript of academic credit. Each candidate is personally interviewed several times and receives a battery of personal tests. In addition, the candidate is interviewed at home with his family before he is finally accepted in the Institute's regular training program for professional marriage counselors.

In the early days, when the Institute was in its formative stages, both the requirements and the training were somewhat different. Then, Dr. Paul Popenoe personally trained in an informal way those who collaborated with him. As the Institute grew, the informal conferences were expanded into formal classes and were attended by professional people from all over the area who were interested in doing a better counseling job. Most of these professional people—ministers, teach-

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ers, doctors, social workers, and others—were being forced to do counseling by public demand, whether they had had any training or not.

While the Institute was growing, the counseling courses were often given in public auditoriums or in hospital classrooms. Here, those attending the counseling course were helped to understand how to deal with people who had marriage problems. Donald P. Wilson, Ph.D., formerly chairman of the Department of Psychology at the University of Redlands and now Director of Research at the AIFR, was one of those who first aided Dr. Popenoe in marriage counselor training. Roswell H. Johnson, Ph.D., from the University of Pittsburgh, now Director Emeritus of Counseling at the AIFR, joined the staff in 1935 and became a major force in the training of future marriage counselors.

Over twelve years ago the two-week Summer Workshops (held the first two weeks in August) were initiated in order to provide intensive additional training for those engaged in marriage counseling, social case work, psychology, ministry, education, personnel work, etc., who were unable to take an extensive training course. These Workshops have now grown to the point where each year nearly one hundred persons from all parts of the North American continent come together for a practical, concise review of counseling methods and techniques; in-

cluding the use of the Johnson Temperament Analysis test and an experience in group counseling. This year's Workshop will be held August 1-15 and full information will be sent to anyone requesting it.

The year-round professional training in marriage counseling at the Institute has become a definitely structured period in which professional people receive instruction in literature of marriage counseling, tests, sex education, parent-child guidance, dynamics of interpersonal conflict, marital discord situations, methods of counseling, education for marriage and counseling courtship problems, social effectiveness, group counseling, and Institute policy. Along with this training, there is an internship. The interns each under supervision, counsel Institute clients, record cases (notes and tape) and attend case conferences in which staff participates as well.

Five years ago a course was added in sexual physiology by Arnold Kegel, M.D., of Los Angeles. This course is regularly given, along with the other training in marriage counseling, three times a year, starting in February, June and October. Dr. Kegel's course runs for eight weeks at each session. His work is well known among gynecologists and has recently been receiving greater attention by psychologists and marriage counselors. The physiological bases of sexual inadequacy are explained and documented. Over four hundred cases have been referred to Dr. Kegel by the Institute for an evaluation of the degree of physical involvement in instances of female sexual inadequacy, and many of these case histories are reviewed in the course.

In addition to Dr. Popenoe, Dr. Wilson, Dr. Johnson, Dr. Kegel, and the writer, the faculty for the Institute training program also includes, Joseph Bressler, Ph.D. (Columbia), Weyler Greene, Ph.D. (U.C.L.A.), Alice Thompson, Ph.D. (Sorbonne), Richard H. Klemer, Ph.D. (Florida State University), Howard Goodman, M.A., and Ruth Michaelson, M.A. Mrs. Michaelson is Director of the Institute's Child Guidance program, in which training is also offered.

With the growing interest in, and need for, marriage counseling, many professional persons are inquiring how they may receive training. There are several university-affiliated centers for training in the United States. These generally require that the applicant matriculate for the Ph.D. degree. However, the need for persons trained in marriage counseling is much greater than the few these centers can graduate. Moreover, many professional people, ministers, social workers, educators, and others, who have had a great deal of experience in successful marriage and family counseling, feel they cannot leave their present work for the several years that Ph.D. matriculation requires. The Institute training in marriage counseling helps these people to increase their effectiveness in the counseling they must do.

Interested persons may write for materials which will explain in detail what is involved in the training program at the Institute and the qualifications needed for application. Such inquiries should be addressed to Clinton E. Phillips, Department of Counseling, The American Institute of Fam-

ily Relations, 5287 Sunset Boulevard, Los Angeles 27, California.

Research Notes

Boys have more difficulty in maturing than girls, concluded a recent study by the American Social Hygiene Association. Boys resort to delinquency because they are deprived of other ways of expressing masculinity. They have little contact with their fathers whom they generally see only on weekends. Though they know where their fathers work, they know little of what they do. Girls on the other hand can easily pattern themselves after their mothers for their future roles as wives and mothers. Dr. Martin Loeb, associate professor of social work at UCLA and director of the study, said in concluding, "almost all adolescents felt that adults disapproved of them, were overprotective and regarded teenagers as irresponsible or even dangerous."

ILLEGITIMATE children do not become burdens to society, according to estimates of the Aid to Dependent Children program. In 1958, the cost to the public was about three million dollars for illegitimate children, as opposed to some fourteen million dollars for other children. In institutions not supported by ADC, the cost was one million dollars, as against thirteen million for other children. *Children* (Sept.-Oct., 1959).

MISSISSIPPI STATE PENITENTIARY permits conjugal visits between prisoner husbands and their wives, and families. This system is well-known in Latin-American countries but is not common in the United States. Such

visits lessen unrest, said the prison's superintendent, and reduce escape attempts and divorce. Prisoners who have such family visits make better parole risks too. During the visits, inmates played ball games with their children and some of the unmarried prisoners even acted as baby-sitters. Described in *Parade* (May 17, 1959).

PERINATAL MORTALITY is the fourth major cause of death in the United States, says Dr. Helen Wallace in *American Journal of Obstetrics and Gynecology* (Sept., 1959). There are 140,000 baby deaths in the U.S. and Canada each year. Their number is only outranked by mortality from heart disease, cancer, and diseases of the central nervous system.

"THE NAGGING PARENT is more likely to be the mother than the father, and the child is most likely to be an older girl," concluded David Ellis and F. Ivan Nye in an article published in *Family Life Coordinator* (8,(1). Sept., 1959).

AMERICAN INDIAN children are now being placed in foster homes as a result of the efforts of the Child Welfare League of America and the U.S. Department of the Interior. Two private adoption agencies in the east have agreed to find homes for the Indian children.

DELINQUENTS in Boston are being hired to rehabilitate themselves. Youth workers acting as employers rather than therapists, hire the youths to provide behavior data. The delinquent may work from one to two hours a day and is paid from 50¢ an hour to \$2 an hour, with a maximum earning set at \$20 a week. So far evidence shows that the method is effective especially in cases where the youth

resists ordinary therapy and the therapeutic relationship. *Federal Probation* (Sept., 1959).

Around the World

ABORTIONS outnumber births in Paris, says M. Dourien-Rollier, a lawyer in that city. Some 150,000 abortions were recorded as opposed to 95,000 births, he told an international conference on crime prevention.

WOMAN'S role in the social and economic development of tropical and sub-tropical countries was defined at a meeting of the International Institute of Different Civilizations. The most controversial issues discussed were: (1) Equal rights for both spouses and equal respect for marriage conventions; (2) abolishment of sex discrimination at work; (3) protective legislation for working mothers. *Familles dans le monde* (June, 1959).

WORLD BIRTH RATE has generally fallen from its post-war high, reported an article in the Metropolitan Life Insurance Company's *Statistical Bulletin* (Sept., 1959). Finland's birth rate, falling by one third, had the largest decrease in Europe. On the other hand, birth rates in the United Kingdom have been rising gradually because of the recent economic prosperity in that country. The United States, Australia and New Zealand have maintained their post-war baby boom. Japan, of all the countries in the world, is the only one to have reduced its birth rate by half in the post-war decade, declared the article. Indeed this reduction is unprecedented in the annals of vital statistics! Poor records in India prevent any accurate estimation of birth trends there. Nor are there

statistics for either the Soviet Union or the Chinese People's Republic.

UNION OF SOUTH AFRICA now has nine Marriage Ordinance Societies whose efforts and activities are coordinated by the South African National Council for Marriage Guidance and Family Life. Address: Welfare House, 168 Fox st., Johannesburg.

BRITAIN'S divorce rate is declining. Decrees totaled some 22,000 in 1958 as compared to 23,000 in 1957. These are the lowest figures since the war. *Marriage Guidance* (Oct., 1959).

ABIDJAN (Ivory Coast) celebrates Mother's Day for the first time this year.

SOVIET UNION has 4,034 orphanages housing 375,000 youngsters, according to government statistics. Official newspapers have lately claimed that some of them are grossly mismanaged—the children lacking adequate food and clothing, and living in dirt and squalor.

FRENCH NATIONAL ASSEMBLY has approved a bill allowing 35 year-old widows or divorced women to adopt children. Previously they had to be 40 or older. Now they are required to have been married for at least eight years and not to have been the guilty party in a divorce case.

A BIRMINGHAM (England) insurance broker is offering insurance against broken engagements. His plan is to cover young Englishmen whose fiancées go to the continent on vacation. Just in case the girl falls for a suave Italian or Frenchman and jilts her English boyfriend, he offers an indemnity up to one thousand pounds.

WEDDINGS in the Soviet Union have long been somewhat drab affairs and

the government has considered ways of making them more attractive. The first "Wedding Palace" has now been opened in Leningrad in the beautiful former palace of a czarist nobleman. Young couples will ascend a marble staircase together, pass down a hall lined with paintings where Chopin's music pours out of grilles; then into a bright chamber where government officials register the marriage with decorum. Leaving this room as man and wife, to the accompaniment of Tchaikovsky's wedding march, they pass into a restaurant where friends join them in toasts and festivity. Finally to the room of souvenirs where wedding presents are laid out for inspection. The whole building has a "festive and cozy air," says the Moscow radio.

MORE than 150,000 persons in England and Wales live in trailers (which they call caravans). While the greater majority of American trailerrites say they are satisfied with their dwellings, 80 percent of those in England hope to move into flats or houses.

"MEANS by which Social Services Can More Effectively Serve Families" was the theme of the seventh annual congress of the UNIOPSS held last April in Paris. The organization is a union of private, social and sanitary services.

Educational Notes

A PRISONER'S family and friends can help in his rehabilitation program. Just how they can do so is described in: *Treatment In Prison: How the Family Can Help*, by Norman Fenton, Ph.D. Pp. 97, from The Soledad Project in Family Counseling, California State Prison, Soledad, Calif., 1958.

JANUARY 1960 marks the beginning of World Mental Health Year, sponsored by the World Federation for Mental Health. Attention will be drawn to ways of promoting better mental health the world over.

A "HALFWAY HOME" or house where newly released prisoners may live before they find a place of their own, is to be established in Saint Louis. There, prisoners will receive food and lodgings while they are readjusting themselves into society. The home is under the direction of Father Dimas Clark, S.J.

STUDY ABROAD, Vol. XI, contains information on more than 90,000 fellowships and scholarships offered by governments in 111 territories and countries. Pp. 800, price \$3 from UNESCO Publications Center, 801 Third ave., New York 22, N.Y., 1959-60.



Happiness In Marriage

"In our Western world of today, we have recognized quite frankly that happiness is what everyone is looking for in marriage . . . young people are free to choose their mates. And they are choosing . . . for love. 'Will he make me happy?' That is the question." A question which the renowned marriage counselor, Dr. David R. Mace answers simply and concisely in a recently published pamphlet called *What Makes A Marriage Happy?*

The main cause of marital unhappiness is the attitude that marriage is a state of effortless heavenly bliss, finds Dr. Mace. Many young people expect to get too much with too little work. They have unrealistic values, and have no clear idea of what a good mar-

riage is.

In general, there are three basic ingredients to a good marriage, says Dr. Mace. The first depends on the union of two mature people who are kind and considerate—trustworthy and dependable. A man and a woman whose "ideals are high and who have the resolution to pursue them without giving up easily." In general such people, he says, come from well-adjusted families. The second is good emotional response between a couple. This is more than being "in love," declares Dr. Mace, it is being "in tune." Some call it the "we" feeling. Lastly there is a satisfying sexual relationship. ". . . the capacity to enjoy the intimacy of belonging to one another completely, to rejoice in the full expression of your manhood and womanhood." When two people enjoy meeting each other's needs, they have a sound foundation for happiness in other aspects of married life.

Nor is happiness in marriage affected by the presence or absence of children, declares Dr. Mace. Marital studies have shown that though having children makes little difference, the desire to have them makes a great deal of difference in a successful marriage. Persons who love children are usually warm and loving personalities—types who make good marriage partners to begin with.

"We have come a long way in the last thirty years (in our understanding of marriage)" concludes Dr. Mace, "we shall travel much further in the next thirty."

(WHAT MAKES A MARRIAGE HAPPY? by David R. Mace. Pp. 20, price 25¢ from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y.)

NEW BOOKS IN BRIEF REVIEW

PREDICTING DELINQUENCY AND CRIME, by Sheldon and Eleanor Glueck. Pp. 283, price \$6.50 from Harvard University Press, Cambridge 38, Mass., 1959.

This is a pioneering attempt to present a system of devices which will predict a variety of delinquent behaviors at different ages and levels. The Gluecks are well qualified for the task with a twenty-five-year history of study into the causes of delinquency and crime. They have made up tables of the most frequent factors to be found in delinquency cases. For instance they have covered such factors as; environmental circumstances, parental attitudes towards discipline, cohesiveness of family, school misconduct, and specific personality traits. The authors have a clear, easily understood style. Those who sentence, treat, and parole delinquents will welcome their rational approach.—Sanford Brotman, Ph.D.

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FAMILY GUIDE TO TEENAGE HEALTH, by Edward T. Wilkes, M.D. Pp. 231, price \$4 from the Ronald Press Company, 16 E. 26th st., New York 19, N.Y., 1958.

A great many adolescents are "booked solid" on worries arising from the problems treated in this book on teenage health. Such questions as personal hygiene, sexual development, skin disorders, shortness and tallness, fatness and thinness, menstrual disturbances, endocrine disorders, are discussed along with daily living habits, and body care, sex problems and abnormalities. Though many books are available which deal with the socio-

logical and psychological problems of the adolescent, information and advice on the medical aspects of these years are not readily accessible to families. The text has been carefully checked by medical specialists and it can safely be said that no other book provides so much useful information on adolescent health problems. It is written in a language that the average layman can understand and apply to the numerous daily problems arising in the family where teenagers live. Dr. Wilkes is associate clinical professor of pediatrics, New York University Medical College, and associate attending pediatricist of the University Hospital. For many years he has been pioneering in the field of adolescent medical problems. From his practice and rich experience he has produced the first book to provide practical information and advice to parents and teenagers on the health and emotional problems of the adolescent period.—Robert S. Hicks, Pd.D.

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PREMARITAL DATING BEHAVIOR, by Winston Ehrmann, Ph.D. Pp. 316, price \$6 from Henry Holt and Company, 383 Madison ave., New York 17, N.Y., 1959.

A detailed report of research into premarital dating behavior of college students, particularly as it relates to sexual activity from hand-holding to intercourse. The research covers the years 1946 to 1953 at a "large university," presumably in the east or southeast. The author was director of the Marriage and Family Clinic at the University of Florida, he is now pro-

fessor of sociology at Colorado State University.—Clinton E. Phillips, M.A.

THE SEARCH FOR EMOTIONAL SECURITY, by Edward M. Bennett. Pp. 239, price \$4.50 from the Ronald Press Company, 15 E. 26th st., New York 10, N.Y., 1959.

This book is based on a series of lectures given by the author over station WGBH in Boston. It tells about the factors in everyday living which lead to mental disturbance, using the life story of a young executive who dies in the electric chair as an example. The author says that today's man or woman must learn to adapt to the emotional insecurities of modern social life; in contrast to the pioneering forefathers who had only to learn to adjust to the physical insecurities of frontier life. Adequate adaptation, he believes, requires a realistic appraisal of apparent threats. That is, learning to distinguish those situations which truly threaten us from those whose threatening character arises from our own emotional misinterpretations. Dr. Bennett is a clinical psychologist who has taught at Tufts University and has done psychological research for the U.S. Air Force as well as for several industrial corporations.—Clarence H. Vetterli, M.A.

MASTER YOUR TENSIONS and Enjoy Living Again, by George S. Stevenson, M.D., and Harry Milt. Pp. 241, price \$4.95 from Prentice-Hall, Inc., Englewood Cliffs, N.J., 1959.

For the average person who is seeking relief from the stresses of modern living, this book offers some excellent suggestions. Dr. Stevenson, a psychiatrist who is national and international

consultant for the National Association for Mental Health, and Harry Milt, that Association's public relations director, present their material under three main headings: "Tension—what it is and where it comes from," "Eight methods for getting rid of tension in daily living," and "How to avoid tension-building situations." Illustrating their points with many brief case histories, the authors address themselves directly to their readers in informal and non-technical language which is both disarming and provocative of honest self-examination. They contend that tension arises from threat, either physical or psychological, and that the individual who feels "at home" in situations or with people is free of harmful stress. Perhaps the most significant chapters in the volume are those on "discipline for children" and "marriage and common sense," which follow a discussion of eight "tension-breakers." However, suggestions for dealing with resentment and anger are especially pertinent. The fact that many of these ideas have been emphasized in other writings makes them no less significant. We cannot be reminded too often that anger must be released in action; we are shown how this may be done safely.—Sue Kimmell

PSYCHOLOGY FOR BETTER LIVING, by Lyle Tussing. Pp. 496, price \$5.95 from John Wiley and Sons, Inc., 440 Fourth ave., New York 16, N.Y., 1959.

The young adult can build a more efficient personality by studying his possibilities and thus finding his place in society, says Mr. Tussing. The emotions can be used as a motivating force to either help or hinder the in-

dividual. The author illustrates his point by describing some of the inadequacies of a borderline neurotic's emotional responses. Discussing marriage, he gives interesting "ground rules" for husband-wife quarrels. Throughout, he opens the way for better self-appraisal and a realistic handling of personal problems. Any young adult would profit from reading his book.—Gabriel Almond, M.A.

... AND EVERYTHING NICE, by Vance Hyde. Pp. 240, price \$3.95 from David McKay Company, Inc., 55 Fifth ave., New York 3, N.Y., 1959.

Mrs. Hyde tells how she learned to enjoy her three daughters by discovering that "daughters are fun," and, "all daughters can be beautiful." She emphasizes the father's importance, and believes that it is up to the mother to make him a figure to respect in his daughter's eyes. The author's techniques for house chores seemed especially successful. Her daughters not only learned to "keep house," but to keep up their clothes and shop economically too. This is a book which any counselor can safely recommend to parents.—Edna Upton, M.A.

SHE-MANNERS, by Robert H. Loeb, Jr. Pp. 188, price \$3.50 from Association Press, 291 Broadway, New York 7, N.Y., 1959.

She-Manners: The Teen Girl's Book of Etiquette is a companion book to *He-Manners: The "Light-heartedly Serious" Book for Boys*. *She-Manner* is written in a similar informal, readable style. Manners for managing men, table manners, job etiquette, manners toward the family, tips on how to dress, how to entertain, how to handle con-

versation—these are some of the topics covered. The author takes the "inside-out" point of view about manners. This means that the "heart of etiquette is inward assurance and one's attitude toward others." Mr. Loeb, formerly an editor for Esquire magazine, says with conviction, "Good manners are not false manners."—Erma Pixley, M.A.

KINDERGARTEN, Your Child's First Big Step, by Minnie Perrin Berson. Pp. 125, price \$3.50 from E. P. Dutton & Co., 300 Fourth ave., New York 10, N.Y., 1959.

Explaining simply and briefly the transition of the five year old from home to his first experience in school, this book suggests practical ways in which parents may help in this first group adjustment, and opens the door to an intimate view of kindergarten procedure. The text is augmented by meaningful photographs. Mrs. Berson, who is both a kindergarten teacher and the mother of three, presents an excellent guide to parents and teachers in their common goal of helping the child approach this beginning educational experience with enthusiasm and confidence. — Ruth B. Michaelson, M.A.

THE WASTED YEARS, by Jess Stearn. Pp. 231 (no index), price \$3.95 from Doubleday and Company, Inc., Garden City, N.Y., 1959.

A New York juvenile court judge challenges a newspaper reporter to write about the causes of juvenile delinquency. Thus the story of the book unfolds against the background of the delinquency problems of the gigantic metropolis and its districts. Though it presents a good deal of con-

structive material, there is no comprehensive survey of juvenile delinquency as a whole. A description of court case histories and the experiences of social workers gives a favorable impression of the special type of social worker being developed by the New York City Youth Board. The contrast between the youth behavior patterns of Chinatown and the surrounding neighborhoods present some thought provoking suggestions. However, another idea—that drug addiction is caused by sexual problems—deserves more complete and scientific study. Generally this is an interesting report. It has some educational value, but would be more useful to the professional reader if it went deeper into the problem—C. E. Hoover, M.A.

Other Books Received

THE CONCISE ENCYCLOPEDIA OF LIVING FAITHS, edited by R. C. Zaehner. Pp. 432, price \$12.95 from Hawthorn Books, 70 Fifth ave., New York 11, N.Y.—An authoritative survey of today's religions.

HEARING LOSS: What Can Be Done About It, by Greydon G. Boyd, M.D. Pp. 190, price \$1.45 (paperbound) from J. B. Lippincott Company, East Washington Square, Philadelphia, Pa.

APPROACHES TO RESEARCH IN MENTAL RETARDATION. Pp. 205, price \$3 from the American Association On Mental Deficiency, P.O. Box 96, Wilimantic, Conn.—Proceedings of the 1959 Woods School Conference. A special issue of the American Journal of Mental Deficiency.

THE USE OF GROUP TECHNIQUES IN THE FAMILY AGENCY. Pp. 43, price 75¢ from Family Service Asso-

ciation of America, 215 Park ave. south, New York 3, N.Y.—Three papers given at the 1959 biennial meeting of the Association.

ELEMENTS OF VITAL STATISTICS, by Bernard Benjamin. Pp. 352, price \$10 from Quadrangle Books Inc., 119 W. Lake st., Chicago 1, Ill., 1959.

Inexpensive Pamphlets

WHEN A FAMILY FACES CANCER, by Elizabeth Ogg. Pp. 28, price 25¢ from Public Affairs Pamphlets, 22 E. 38th st., New York, 16, N.Y.

HIGHLIGHTS. The Monthly Book For Children. Pp. 42, subscription price \$12 (3 years); \$18.50 (5 years) from Highlights for Children, Inc., 37 E. Long st., Columbus, Ohio.—Things to do, verses, stories and features for children on the elementary school level.

PUBLIC AFFAIRS PAMPHLETS. A catalog from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y., 1959-1960.

MIXED MARRIAGE CAN BE A MANY SPLENDORED THING, by Han Suyin in Moose Jaw Times-Herald, Moose Jaw, Saskatchewan, Nov. 7, 1959.

COMMUNITY DEVELOPMENT, a folder of literature in the field of leadership training, from International Review of Community Development, Piazza Cavaliere di Malta, 2, Roma, Italia.

CALIFORNIA ALCOHOLISM, a review and treatment digest published bi-monthly at Berkeley, reported that during the second quarter of 1959 admissions increased by 25 percent, in six pilot alcoholic clinics.

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations resulted from the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful family life. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

It helps young people to prepare for marriage, aids those already married to solve their problems of adjustment, and deals with a wide range of problems in the fields of sex, heredity, love, marriage, and parenthood. The Institute now has a staff of over sixty well qualified, trained counselors at the Los Angeles headquarters.

Through lectures, conferences, discussion groups and publications (some of which are listed on the next page) the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. The Institute has a regular schedule of counselor training classes and workshops, in the principles, techniques, and materials of counseling which makes the experience of the Institute available to qualified counselors in all parts of the world.

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